1. A high-quality, reduced-data-rate digital video system, comprising:

a source of a streaming video program having a progressive-scanned image with a frame rate of less than substantially 24 fps;

a video server in communication with the source for storing the program; and

one or more computers in network communication with the video server for locally displaying the program or portions thereof.

2. The digital video system of claim 1, wherein the source is a digital camera of other capture device.

3. The digital video system of claim 1, wherein the streaming video program has a data rate of 10Mbps or less.

4. The digital video system of claim 1, wherein the streaming video program has a data rate in the range of 200K to 6Mbps.

5. The digital video system of claim 1, further including an editing capability for manipulating the program stored on the server.

6. The digital video system of claim 5, wherein the program editing capability facilitates frame-by-frame control, including variable, bi-directional playback.

7. The digital video system of claim 5, wherein the program editing capability supports the generation of an edit decision list.

8. The digital video system of claim 5, wherein the program editing capability supports the conversion of an .AVI file for PC nonlinear editing according to an edit decision list.

9. The digital video system of claim 1, wherein a computer in network communication with the video server is operative to display the program using a media player.

10. The digital video system of claim 1, wherein:

the source includes multiple cameras outputting different programs; and

a computer in network communication with the video server is operative to display the programs in separate windows as part of a surveillance system.

11. The digital video system of claim 1, wherein the frame rate is varied in response to externally generated commands.

12. The digital video system of claim 2, wherein the frame rate is varied in response to camera-generated commands.

13. The digital video system of claim 2, wherein the frame rate is varied in response to operated-generated commands.

14. The digital video system of claim 1, wherein the locally displayed program or portions thereof are in the same format as the streaming video program received from the source.

15. The digital video system of claim 2, further including a personal-computer-based control of the camera/input device.

16. The digital video system of claim 1, further including a personal-computer-based monitor for the streaming video program received form the source.

17. The digital video system of claim 1, wherein the streaming video program is received through a network connection.

18. The digital video system of claim 1, wherein the video server includes one or more of the following for storing the program:

a micro-disk, portable HDD, memory-stick, optical storage, or magneto-optical storage.

19. A method of producing high-quality digital video at a reduced data rate, comprising the steps of:

generating a streaming video program having a progressive-scanned image with a frame rate of less than substantially 24 fps;

storing the program in a video server; and

displaying the program, or portion thereof, on one or more computers in network communication with the video server.

20. The method of claim 19, wherein the program is generated by a digital camera.

21. The method of claim 19, wherein the streaming video program has a data rate of 10Mbps or less.

22. The method of claim 19, wherein the streaming video program has a data rate in the range of 200K to 6Mbps.

23. The method of claim 19, further including the step of editing the program stored on the server.

24. The method of claim 23, wherein the wherein the editing facilitates frame-by-frame control and variable, bi-directional playback.

25. The method of claim 23, further including the step of generating an edit decision list.

26. The method of claim 25, further including the step of converting an .AVI file for PC nonlinear editing according to the edit decision list.

27. The method of claim 19, further including the step of displaying the program through a media player.

28. The method of claim 19, wherein:

the source includes multiple cameras outputting different programs; and

a computer in network communication with the video server is operative to display the programs in separate windows as part of a surveillance system.

29. The method of claim 19, including the step of varying the frame rate in response to externally generated commands.

30. The method of claim 20, including the step of varying the frame rate in response to camera-generated commands.

31. The method of claim 20, including the step of varying the frame rate in response to operated-generated commands.

32. The method of claim 19, wherein the locally displayed program or portions thereof are in the same format as the streaming video program received form the source.

33. The method of claim 19, further including a personal-computer-based control of the camera/input device.

34. The method of claim 19, further including a personal-computer-based monitor for the streaming video program received form the source.

35. The method of claim 19, wherein the streaming video program is received through a network connection.

36. The method of claim 19, wherein the video server includes one or more of the following for storing the program:

a micro-disk, portable HDD, memory-stick, optical storage, or magneto-optical storage.